

ABSTRACT OF THE DISCLOSURE

There are provided an information recording medium which permits accurate tracking servo, and a method for recording and reproducing for an information recording medium which allows recording and reproducing of a signal at a favorable S/N by carrying out at least one of information recording and information reproduction while accurately performing tracking servo. A magneto-optic disk includes a magnetic recording layer for magnetically recording information. The magnetic recording layer is in advance magnetized for concentrically or spirally around the center of the disk in such a manner that magnetized regions are disposed such that adjacent regions are magnetized in different directions and alternately arranged in the radial direction of the disk. Accordingly, tracking can be continuously performed and accurate tracking servo can also be performed.